

Edibles recipes

The second series of Grow Your Own Drugs continues with oats and almonds being mixed up to make a moisturising body cream; if you need a nutritional boost, try the watercress and pear soup; for throat infections, try gargling on a mixture containing onion, red chilli and garlic. Plus, a turmeric teh halia to help soothe the pain of arthritic joints.

Oats & Almond Moisturising Body Cream

300ml water tbsp rolled oats tsp beeswax tsp emulsifying wax ml almond oil tsp honey tsp vitamin C powder -12 drops chamomile essential oil (optional)

1. In a pan, heat the water until boiling and then add the oats. Simmer uncovered for 10 minutes. Strain the oats, reserving the liquid into a measuring jug - you need 200ml. Put in a pan and keep hot.
2. Heat the beeswax and emulsifying wax together very gently in another pan with the almond oil until the waxes fully dissolve. Take off the heat and immediately whisk a little of the hot oat liquid into the wax mixture. Keep adding the hot oat liquid, a little at a time, making sure it is well mixed between additions, until you have used up all 200ml.
3. Stir in the honey and vitamin C powder and, if desired, add in a few drops of chamomile essential oil - this acts as a preservative, is anti-inflammatory and adds a delicious scent. (Don't worry if you don't have chamomile - you can use any essential oil you have around.) Pour the cream into wide-mouthed pots, and seal at once.

USE: After bathing, pat skin gently dry, then apply the cream as needed. On tough areas of dry skin such as knees, elbows and feet, use twice daily, especially before bed.

STORAGE: Will keep in the refrigerator for up to 1 month.

Restorative Watercress & Pear Soup

1 large bunch spring onions garlic cloves thumb-size piece of ginger tbsp olive oil small potatoes ml vegetable stock pears bunches watercress Salt and pepper, to taste Sprinkle of crushed chilli and extra slivers of pear (optional) to garnish

1. Chop the spring onions and garlic. Peel and finely grate the ginger (or use a garlic press) to extract the juice.
2. In a large sauté pan, heat the olive oil and gently fry the spring onions and garlic for 10 minutes. Slice the potatoes and add to the pan with the stock. Squeeze in the juice from the grated ginger, discarding the fibrous pulp. Simmer for 20 minutes.
3. Dice the pear. Wash and chop the watercress. Put the pear and watercress into a blender, add the potato stock mix, and purée.
4. Add salt and pepper to taste, and serve the soup garnished with pieces of pear and chilli, plus a dash of olive oil.

USE: Good nutrition is all about balance, and I think of this soup as being a nutritional booster - it's a

healthy move if you can incorporate it into your diet once or even twice a week. On other days, eat plenty of dark green leafy vegetables, beans, lentils, cereals and nuts, which are also good sources of iron.

STORAGE: This makes about 3 bowls. Best eaten within 2 days.

Onion Gargle for Throat Infections

1 onion ½ fresh red chilli Juice of 2 lemons tsp salt sprig of parsley

1. Chop the onion and chilli finely and place in a bowl. Add the lemon juice and salt. Leave to stand for 1 hour in the refrigerator.
2. Strain and use as a gargle. After gargling, chew on a sprig of parsley to freshen breath.

USE: Gargle daily, as soon as you feel a sore throat coming on, then spit out rather than swallow.

STORAGE: Best made and used fresh each day.

Turmeric 'Teh Halia' for Arthritis

3 sticks fresh turmeric or 4g dried Thumb-sized piece fresh ginger root Few pinches black pepper ml whole milk ml water tsp black tea leaves Palm sugar, to taste (or maple syrup or brown sugar)

1. Peel and chop the fresh turmeric, if using (being careful not to stain surfaces or hands). Peel and grate the ginger. Put into a mortar (with the dried turmeric, if using) and add a few pinches of black pepper, then pound with the pestle until you get a smooth paste.
2. Combine the paste with the milk, water and tea leaves in a pan and simmer on a low heat for 10-20 minutes, or until the liquid is reduced by half. Strain. Sweeten with palm sugar to taste, and stir.
3. Before drinking, pour the Teh between two containers, holding them the maximum width apart to aerate the tea as much as possible and produce a froth on top. Despite not having too much of a medicinal effect on the remedy, this is more than just a flamboyant whim. Aerating the mix improves its flavour by making it easier for your tongue to perceive the chemicals that give the drink its unique taste.

USE: Make the Teh up as you need it, and drink at once. Take daily to help with arthritis, aches and pains in the joints, psoriasis, Crohn's disease and other inflammatory conditions.

STORAGE: The paste keeps for up to 1 month in the refrigerator.

Quick-Fix Teh Halia

112g dried turmeric g dried ginger ½ tsp black pepper g black tea leaves g brown granulated sugar

Stir together, then store in a dry, airtight tin. Makes 14 cups - or one a day. To make up into a Teh, place 5-6 teaspoons of the mixture in a pan with 250ml whole milk and 250ml water, then simmer over a low heat for 10-20 minutes, or until reduced by half. Strain and serve. The mixture will keep

in an airtight tin for 2 weeks.